

MONTHLY SORTIE GOALS		
961st Airborne Air Control Squadron		
Monthly flying-hour contract	67.8	
Hours flown	97.8	
Monthly offset	20.0	
33rd Rescue Squadron		
Monthly flying-hour contract	152.0	
Hours flown	155.5	
Monthly offset	3.5	
909th Air Refueling Squadron		
Monthly flying-hour contract	316.0	
Hours flown	261.5	
Monthly offset	-54.5	
44th Fighter Squadron		
Monthly sortie contract	298.0	
Sorties flown	196.0	
Monthly offset	-102.0	
67th Fighter Squadron		
Monthly sortie contract	311.0	
Sorties flown	253.0	
Monthly offset	-58.0	

Source: 18th MOS/MXOOP, as of April 19

THE

KADENA




SHOGUN

Vol. 19, No. 15


Kadena Air Base, Japan

Friday, April 22, 2005


WEEKEND WEATHER



TODAY: Partly cloudy  
variable winds @ 6-9 knots  
High: 77 Low: 64



SATURDAY: Mostly cloudy  
with isolated rainshowers  
S-SE winds @ 10-12 knots  
High: 79 Low: 66



SUNDAY: Mostly cloudy  
with isolated rainshowers  
NW-NE winds @ 12 knots  
High: 77 Low: 64

FRIDAY MORNING'S  
COMMUNITYBANK  
EXCHANGERATES

BUYING: \$1=¥105 SELLING: ¥110-¥115

Kadena raises

\$150K for AFAF

By Senior Airman Anna Fitzhorn

18th Wing Public Affairs

The Air Force Assistance Fund campaign ended last week with wing leadership praising Team Kadena's participation in raising more than \$150,000 in six weeks.

"The dividends that come back to the base are greater than those that go in," said Col. Richard Zink, 18th Wing vice commander. "So thank you very much to all those that participated."

Kadena far surpassed this year's monetary goal of \$93,300 by raising \$151,400, but fell short of the 50 percent participation goal by nearly 20 percent.

"Kadena raised 157 percent of our monetary goal and even passed the Air Force average of 28 percent participation," said Capt. Tony Hebert, Kadena's AFAF project officer of the 67th Fighter Squadron.

This year's contributions were also up from last year's campaign that raised \$134,000.

"We had three squadrons with 100 percent participation and one group that had more than 50 percent participation," said Capt. Hebert.

See AFAF, Page 5

18th Wing tests combat skills

during turkey shoot competition

Capt. Carlos Diaz

18th Wing Public Affairs

Kadena's air-to-air warriors went beak to beak last week, and, this time, the Fighting Cocks of the 67th Fighter Squadron came out on top during the 18th Wing's semi-annual Turkey Shoot. Adding significant punch to the effort was Capt. Shane Nagatani, who chalked up five 'kills' as part of the 67th's top defensive counter air team, flying with Capt. Matthew French and Rhett Hierlmeier, and 1st Lt. Kevin Dormer.

A 67th four-ship team—Capts. Tosh Smith and Russell Hall, and 1st Lts. John DeLion and Scott Gunn—then took the fight to the 44th Fighter Squadron to capture the top offensive counter air award.

In a real fight, Kadena pilots would be firing off AMRAAMs (advanced medium-range air-to-air missiles) Sidewinder and Sparrow missiles. Loading the 67th FS for success with these tools of war was the top weapons load crew of Staff Sgt.

William Morrow, Senior Airman Jason Meeker and Airman 1st Class Matthew Sehstedt of the 67th Aircraft Maintenance Unit. Overall success with keeping the aircraft armed, ready and airborne, however, went to the 44th Aircraft Maintenance Unit.

Shooting down 'bad' guys can't happen, however, without the airborne endurance and reach provided by the tankers. Taking the top crew award for the 909th Air Refueling Squadron were Capt. Jake Millard, 1st Lt. Steve Duran and boom operator Senior Airman Erik Flanders.

"The turkey shoot gave me a greater picture of what we'll have to do in combat," said Airman Flanders. "We were evaluated on everything that has to do with refueling, from accuracy on contact while refueling, to our tactical response when we receive a notification that there are bad guys in the area."

Keeping the 'fast-movers' in the fight with fuel is, still, only one of many aspects of a synergized airpower effort. Circling in orbit to provide air

control and a common battle picture to commanders and aircrews were the E-3 Sentries. The award for best control of defensive and offensive counter air missions went to the 961st Airborne Air Control Squadron team of 1st Lts. Sean Ames and Marc Mazza, and Airmen 1st Class David Selinger and Kalon Pang.

Accurate and timely intelligence is a must, and the 44th Fighter Squadron's Capt. Douglas Leonard, 2nd Lt. Brad Pirolo and Senior Airman Ricky Mustion proved they were best at providing critical insight into enemy actions, plans and capabilities.

Should the fight go against Kadena Airmen, the crews and pararescuers of the the 31st and 33rd Rescue Squadrons were on alert to make an aggressive pick-up in a combat area. Precision flight and speed is everything in enemy territory, and Capt. Jason Urso and Jameson Dugdale, Master Sgt. Tina McKendrey and Senior Airman Alex Waits proved they were the crew of choice for Airmen in need.

JASDF pilots learn how to air refuel



Japan Air Self Defense Force pilot Kyosuke Tsushima, assigned to Nyutabaru Air Base, Nyushu Island, Japan, guides a JASDF F-15 toward a 909th Air Refueling Squadron KC-135 Stratotanker during a bilateral air refueling training mission Monday near mainland Japan. The current two-week training increases Japanese self defense capabilities by allowing their military aircraft to remain airborne longer – a capability soon to be enhanced by recent JASDF acquisition of the Boeing 767 tanker transport aircraft. This year's training, the third since 2003, strengthens interoperability between the United States and Japan as close allies.



Air Force/Master Sgt. Val Gempis  
An F-15 from the Japan Air Self Defense Force approaches a Kadena KC-135 Stratotanker from the 909th Air Refueling Squadron Tuesday as Maj. Brian Bergeron (seated in the back), from the 2nd Fighter Squadron at Tyndall Air Force Base, Fla., observes.

Air Force/Maj. Malcolm Kemeny





# Do the right thing

## Knowing personal worth, golden rules key to staying out of trouble

Col. Thomas Marshall

18th Dental Squadron commander

While driving home the other day, I thought about the "how and why" people get themselves into trouble.

My first thought was that I was just lucky that some of these things had not happened to me. But, the more I considered it, luck had very little to do with it. I drifted back to childhood memories of my parents and what they had taught me.

There are a multitude of things I thank them for, but in particular, I am indebted to them for an acute sense of personal worth, moral principles and some simple rules that they taught me.

I see a number of young people who downplay or undervalue the daily contributions they have made to the team. Knowing and understanding that you have meaning, and that every person brings unique qualities to the table, is paramount. Having said that, potential is just that...potential.

We all have to work (and I emphasize work) at that potential in order to realize what we can really accomplish. It has been said few things in life are simple and anything worth having takes effort.

It is also important to have moral principles that encompass just about every facet of life. These principles are exemplified through religious edicts, "The Golden Rule," ethical behavior

***A frequent statement after a bad life-altering decision is "what was I thinking." The answer is all too often, "I guess I wasn't." Judicious use of common sense just makes sense.***

and a host of other sources.

C.S. Lewis wrote of the "Natural Law." All of us, regardless of our backgrounds, know instinctively what is right and wrong. We exercise these principles on a daily basis through interactions at work and with family, friends and strangers. Strive to be right. It's a simple saying, but occasionally it requires some personal sacrifice.

I am a true believer in the "keep it simple" principle.

My parents would always say "treat people as you would like to be treated." On a more familiar note, our Air Force Core Values are an excellent example - integrity first, service before self and excellence in all we do.

Basic principles for a person to live by should be straight forward and uncomplicated. People should also use common sense. Unfortunately common sense is far less than common. A frequent statement after a life-altering decision is "what was I thinking." The answer is all too often, "I guess I wasn't." Judicious use of common sense

just makes sense.

When I was 18 years old I thought I had it all figured out. Later it came as a startling revelation that there was a lot more to learn.

To paraphrase Mark Twain, the older I got, the smarter my parents became. I am lucky to have had a good foundation, but have still made my fair share of mistakes. I would rather learn from other's difficulties than experience them myself.

No one wishes to live in a draconian world where there is no forgiveness. A significant part of our heritage is the freedom to make choices on how we live and how one chooses to interact with others. Our forefathers paid a heavy price to afford us these rights. When exercising individual rights, the rights of others must be respected.

So what is the bottom line? When making decisions that may influence others and yourself use common sense.

Allow the "Natural Law" of common decency to dictate your actions. Think before reacting, and treat others as you wish to be treated.

### ACTION LINES

E-mail: 18wvg.cchotline@kadena.af.mil



Brig. Gen.  
Jan-Marc Jouas  
18th Wing commander

The 18th Wing is very interested in ideas that can make Kadena an even better place to live, work and play. If you have a concern that you have been unable to resolve through normal chains of command, then we'll look into it. Although not required, it's better to give commanders, first sergeants or the agencies with which you have the concern the opportunity to correct the situation first. When that fails, send us an e-mail. Include your name and telephone number so someone can get back to you, and a brief summary of your concern.

### AAFES gas prices

**I have a question with regards to the price of gas that Army and Air Force Exchange Service is charging. The way I understand it, AAFES takes the average U.S. Department of Energy gas price for the previous month and charges us that price. My concern is that the index that AAFES is using is flawed because included in the average price is state and local taxes of 25 to 35 cents per gallon. Since AAFES is tax exempt, why are we using this index for the pricing of gas, and should gas be 25 to 35 cents less per gallon?**

That's a great question. As it turns out the current AAFES gas pricing policy does include a 25 to 35 cents per gallon additional tax charge that AAFES does not pay.

AAFES pricing policy is approved at the Board of Directors level and coordinated with Pacific Command, and is based on the CONUS Department of Energy averages. All earnings generated by sales are returned to the services as either direct dividends or capital improvements. This allows our local AAFES to offer the \$2.00 off coupon with a purchase of eight gallons, which reduces the cost per gallon of gas by 25 cents. Another example is the AAFES plan to build a new "Super BX" at Kadena. This project will cost over \$70 million, and AAFES dividends will fund the majority of the cost. Those dividends are derived from the funds generated when we purchase services or products from AAFES. Thanks again for your excellent question and allowing me to address this issue.



It has been...

**19 days**

since the last DUI arrest on Kadena.



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E-mail to [kadenashogun.news@kadena.af.mil](mailto:kadenashogun.news@kadena.af.mil)

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## SHOGUN WARRIOR OF THE WEEK



Senior Airman Aqueelah Lucas

733rd Aircraft Maintenance Squadron, air transportation

Hometown: Beaumont, Texas

Reason for nomination: Airman Lucas' "go get it" attitude was evident in a recent squadron self-inspection. She dedicated her off-duty time to clear the "gray area" and standardized cargo handling operations.

Time at Kadena: 1 year, 2 months

Editor's note : Shogun Warriors are selected by unit leaders for their outstanding value to their unit and dedication to the Kadena mission. To nominate someone, send the name of your nominee to your unit commander or senior enlisted leaders.

**DON'T DRINK AND DRIVE:** Did you know -- Almost 80 percent of all alcohol-related fatal crashes were between midnight and 3 a.m. Plan ahead or call Airmen Against Drunk Driving at 634-2233.

**ENERGYCONSERVATION TIP:** Use the right temperature setting in the refrigerator. Keeping foods colder than necessary costs more and rarely pays off in extended shelf life.

**HOUSING TIP:** Residents leaving due to PCS orders, retirement or separating from the military, may request their pre-final inspection 60 days prior to PCS date. Hard copy orders are not needed to set up this inspection.

**TELEPHONE SYSTEMS FLIGHT CLOSURE:** Kadena's Telephone Customer Service and Communications Cable Digging Permit offices located in buildings 400 and 3136 will be minimally manned **today** starting at 11 a.m. Customers who need to pay their bill can do so at Bldg. 721-C, Accounting and Finance. Call 634-1005 for more information.

**JAPANESE ROAD TAX COLLECTION:** Vehicle owners have until June 1 to pay the Japanese Road Tax to receive the right U.S. Forces Japan decal for their windshield. Vehicles not displaying the proper decal may be ticketed by security forces. More information on road tax collection points will be published in future editions of *The Kadena Shogun Newspaper*.

**CHILD ABUSE PREVENTION MONTH:** To recognize

## Deploying Airmen get new PT uniforms



Air Force/Airman 1st Class Stephanie Sinclair

Senior Airman Janna Welsh (left), 18th Logistics Readiness Squadron, purchases the new physical training uniform from military clothing salesmen Sylvia Kuniyoshi and Hokama Moridomo Monday. Kadena Airmen deploying for Air Expeditionary Force 5 are among the first to get the new fitness uniforms outside Southwest Asia. Deploying Airmen can buy the new uniform after presenting a deployment letter to military clothing sales. The new fitness uniforms will be available to all Kadena Airmen after deploying Airmen are supplied.

Child Abuse Prevention Month and Month of the Military Child, join any Protestant or Catholic chapel service on **Sunday** for a special prayer for child abuse victims and advocates. Pick up a blue ribbon at various locations on base throughout the month.

**BLOOD DRIVE:** The U.S. Naval Hospital will hold a blood drive **Tuesday** from 9 a.m. to 1 p.m. at the 18th Logistics Readiness Squadron at Bldg. 792. Contact Tracy Parmer at **643-7710** or e-mail [parmerct@oki10.med.navy.mil](mailto:parmerct@oki10.med.navy.mil) for more information.

**SUMMER HIRE PROGRAM:** **Thursday** is the last day to turn in applications for the 2005 Kadena Summer Hire Program at the civilian personnel flight, Bldg. 721-A. SOFA dependents of military and civilian employees ages 14 through 22 are eligible to apply. Call **634-1358** for more information.

**VETERANS AFFAIRS BRIEFING:** The Family Support Center will hold a Department of Veterans Affairs briefing **April 29** at 9 a.m. The brief is open to all veterans and servicemembers interested in learning about their VA benefits. Call 634-3366 or stop by the FSC to register.

**NCO/OFFICER CLUB DUES INCREASE:** Effective **May 1**, membership dues for the Rocker NCO Club and the Kadena Officers Club will increase. NCO club dues will increase from \$5 to \$7 and the Officers Club will go up from \$14 to \$16. The Banyan Tree membership fee will remain the same.

**SPECIAL OLYMPIC VOLUNTEERS NEEDED:** The Kadena Special Olympics is an intercultural program hosted by the 18th Wing involving many mentally and physically challenged athletes and their families. Interpreters and volunteers are needed to escort the athletes and families, assist in serving lunch, explain the rules of the games, and cheer on the athletes during events. For any questions or to volunteer, contact Chiemi Karimata, 18th Services Squadron, at 634-1197 or 090-9781-7552.



# The price of a few drinks

## Kadena SNCO remembers day she lost four friends

By Senior Airman Anna Fitzhorn  
18th Wing Public Affairs

In the blink of an eye—lives were lost, children became motherless and fatherless, others were forever scarred—when a drunk driver ended the lives of four people and critically injured another in a head-on collision eight years ago.

On July 11, 1997, four Airmen and the spouse of another Airman were returning from a Kisling NCO Academy graduation banquet at Ramstein Air Base, Germany, where they were supporting a colleague graduating from the course. Just after midnight and

only five minutes from home, their vehicle was hit head-on by a drunk driver in an 18-wheeler who had fallen asleep at the wheel.

The Airmen, all from the 52nd Civil Engineer Squadron readiness flight; Tech Sgt. Terry Jennings, Staff Sgt. Kevin Sullivan, and Senior Airman Angela Fralick, were killed almost instantly in the crash.

Hiroko Jackson, a mother of two, who had gone along to watch her husband Tech Sgt. Jeffrey Jackson from the readiness flight, graduate, was also killed.

The driver of the truck was found to have far exceeded the legal limit of 1.1 percent blood-alcohol level and sustained only a broken leg in the crash. The driver also only received two years in prison for the four deaths.

As the only survivor in the 1992 Isuzu Trooper, Master Sgt. Theresa Hall, now first sergeant for the 18th Maintenance Operations Squadron, still remembers the tragic day as if it were yesterday.

"I was sitting in the back seat of the vehicle behind the front passenger, everyone was asleep except for me and Terry, who was driving," she said, "Terry



Courtesy photo

The mangled 1992 Isuzu Trooper that Master Sgt. Theresa Hall was riding in sits at a junk yard shortly after an accident that killed the other four passengers. Sergeant Hall was the only survivor of the head-on collision with a drunk driver.

and I saw the truck headed right for us and in an instant, it was all over.

"I never lost consciousness during the incident," she said. "After the crash, I couldn't move, but I knew that everyone else in the car was dead."

Sergeant Hall sustained a broken arm, finger, collarbone, both femurs, as well as several ribs in the accident. She also had internal lacerations to her kidney, intestines and spleen, spent more than nine hours in surgery, and had to be put on a ventilator.

After more than a month and a half in intensive care, and another two months in the hospital, she was medically evacuated to Wilford Hall Medical Center at Lackland Air Force Base,

Texas. She spent over a year recuperating with extensive therapy.

"It was very painful," she said, "I had to relearn how to walk and it took me more than a year to fully recover."

Physical trauma was not the only obstacle Sergeant Hall faced.

She struggled with feelings of guilt that she had lived while the others had not. "It took me more than two years to come out of my shell," she said. "I couldn't drive or even be in a car without being scared to death."

"It was a very difficult time for my entire family," she said. "However, our faith got us through it."

See DUI, Page 5



Courtesy photo

(From left) Tech Sgt. Jeffrey Jackson and wife Hiroko, Staff Sgt. Teresa Hall, Staff Sgt. Kevin Sullivan, Tech Sgt. Terry Jennings, and Senior Airman Angela Fralick pose for a photo at the Kisling NCO academy graduation ceremony July 10, 1992. Hiroko, Sullivan, Jennings, and Fralick died in a head-on collision with a drunk driver on their way home from the graduation.



### Raising awareness

Airman Basic Ken Dorsey, 390th Intelligence Squadron, and Airman Aaron Klinginsmith, 18th Component Maintenance Squadron, play a car racing game with beer goggles at the Kadena base exchange April 15. Seven volunteers from the Alcohol and Drug Awareness Program came out to the BX April 14-15 to deter drunk driving.

Air Force/Airman 1st Class Stephanie Sinclair

## AFAF

Continued from Page 1

"I appreciate the support of the squadron commanders, and AFAF point-of-contacts, and all the people who participated and donated to the campaign. Kadena did an outstanding job for this outstanding cause."

The AFAF campaign, which ran from March 1 to April 11, supports four Air Force-specific charities: the Air Force Aid Society, the Air Force Enlisted Village Indigent Widow's Fund, the Air Force Village Indigent Widow's Fund, and the General and Mrs. Curtis E. LeMay Foundation.

The campaign also supports Kadena's education and community enhancement programs.

## DUI

Continued from Page 4

She also had a three-month old daughter at the time of the accident that didn't know her because she wasn't able to be home with her.

"When you have a child that you love so dearly that thinks of you as a stranger--it hurts," Sergeant Hall explained.

Although Sergeant Hall and the other victims were the only people directly involved in the accident, they were not the only ones affected by the tragedy.

Families and friends of the victims, as well as the 52nd CES and base community were all affected, and more than 1,200 people attended a memorial service held for the deceased.

Eight years after the accident, sitting on Sergeant Hall's desk is a photo taken the day of the crash of all the victims together. Next to it is a photo of the Isuzu wreckage.

"That's how I get my story across," she explained. "When Airmen come in my office and see this picture, it gives me a chance to tell my story."

Despite this month being Alcohol Awareness Month, Sergeant Hall says Kadena Airmen should treat every month as if it were the same.

"If you drink, don't drive," Sergeant Hall said. "Please hand over your keys to someone, call a cab or a friend, because drinking and driving is like playing Russian Roulette with your life and the lives of others -- here one minute -- gone the next.

"I should know," she said.

## Keeping a watchful eye



Air Force/Maj. Jerry Lobb

**Staff Sgt. Wayne Griggs, 586th Expeditionary Security Forces Squadron, stands guard at the temporary internment facility at Camp Bucca, Iraq. Sergeant Griggs is deployed from Kadena's 18th Security Forces Squadron. More than 300 Kadena Airmen are gearing up for a four-month deployment as part of Air Expeditionary Force 5.**

# Dominguez: recapitalization No. 1 priority

By Staff Sgt. C. Todd Lopez  
Air Force Print News

WASHINGTON — Modernizing the Air Force's aging systems is the No. 1 priority for the service's acting secretary.

Michael L. Dominguez recently gained the responsibility as acting secretary of the Air Force, besides his other duty as assistant secretary of the Air Force for manpower and reserve affairs.

"The thing that I see as most critical right now is to recapitalize the force," he said. "That means to try and figure out the balance between deploying advanced weapon systems, like the F/A-22 (Raptor), C-17 (Globe-master III) and a new constellation of satellites, and keeping the old things flying."

The Air Force is currently involved in several efforts to modernize its equipment. Some examples include the F/A-22 replacing some of the F-15 Eagle fleet, and replacing the Defense Satellite Program constellation — the nation's first warning against strategic missile launch — with the more advanced Space-Based Infrared System.

"The problem with modernization is that the upfront investment cost is just awesome," he said. "You say, 'How can we afford to do that?' And it's so tempting (to say), 'We'll just keep those tankers going a couple more years.' And what you don't see is if you continue to do that year, after year, after year, you finally end up in a place where you're going to have a catastrophe."

Besides the tanker fleet, Air Force officials said they want at least 380 F/A-22s to fulfill their plans for modernizing the fighter fleet. But, recent budget cuts to the program leave the question of just how many of the aircraft the Air Force will ultimately get, Mr. Dominguez said.

"That's a subject that we're wrestling with right



Air Force/Master Sgt. Jim Varhegyi

**Michael Dominguez, acting secretary of the Air Force, outlines his priorities his five priorities for the service beginning with the recapitalization of the fleet.**

now in the Department of Defense," he said. "The F/A-22 guarantees air dominance, and if you don't have air dominance then most (other) capabilities are interesting but irrelevant."

Recapitalization may be the No. 1 priority, but Mr. Dominguez outlined four other priorities beginning with meeting the fiscal challenges the service faces.

The Air Force lost an additional \$3 billion after cuts in the president's fiscal 2005 budget. Mr. Dominguez said the cuts will make it tougher for the Air Force to do its job, but not impossible.

Some cuts may curtail peacetime expenditures, which could include training, temporary-duty missions and moves, Mr. Dominguez said. But despite the cuts, he said Air Force officials would press on with operations.

"It won't be pretty, but we're not going to be out of business, and we won't fail meeting our mission obligations," he said. "We will fight the war. There will be some difficult things, but it won't damage us perma-

nently."

Continuing to make the force the right size with the right mix of skills is another priority for the acting secretary.

"We have gotten our force size back to where it should be in terms of the active component, but we're decidedly less successful in the shaping," Mr. Dominguez said. "We've made progress and expanded some career fields that are stressed. But we're still going to have the perennial stressed career fields like (intelligence) and special (operations)."

He said that while leaders Air Force-wide have been very creative and engaged in force shaping, there is some work left to do.

Mr. Dominguez' fourth priority is to sustain momentum in the Air Force's transformation.

"The Air Force has been the leader in transformation in the DOD, and we're going to continue that," he said. "But we're going to extend that transformation into the business practices and processes so that we are fast, agile, flexible and adaptable to meet the demands of the global war on terror."

His other priority is restoring trust and confidence with Airmen, the American people and Congress.

In the past several years, the Air Force has dealt with several issues where people have failed to live up to the service's core values. Mr. Dominguez said restoring trust involves being honest about what happened and being open with those investigating the issues.

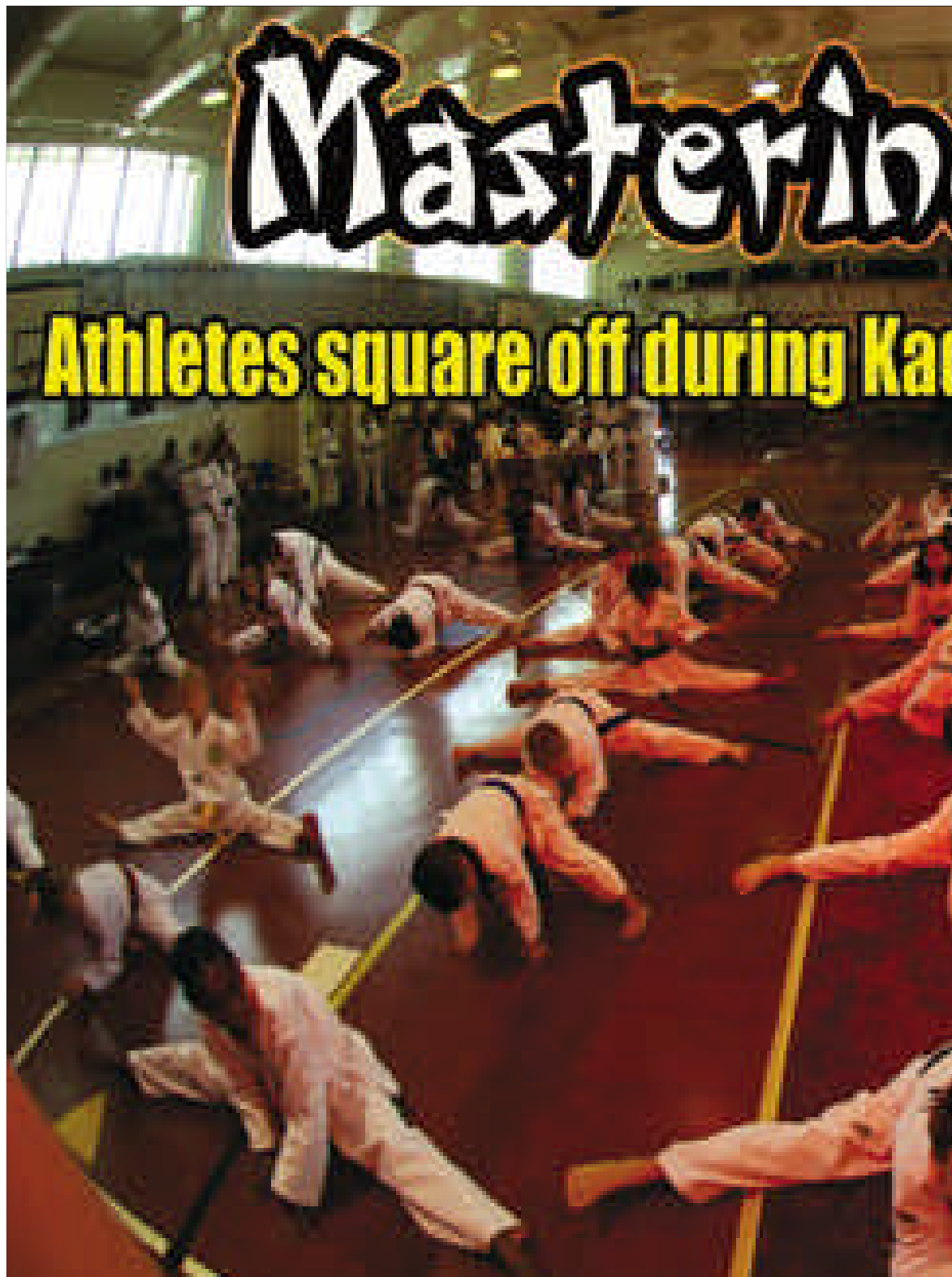
Mr. Dominguez said Air Force officials have been forthright with information about the acquisition process to help aid investigators in their efforts.

It is unclear how long Mr. Dominguez will fill the role of acting Air Force secretary. A permanent replacement requires a nomination by the president and a confirmation by the Senate. But, Mr. Dominguez said he is proud to serve with the active, Guard, Reserve and civilian members of the Air Force.





Blue belt Pacifico Akira Nakajima Comia III, son of Pacifico Akira Nakajima Comia II from the 390th Intelligence Squadron, performs a rising block move during the form competition at the Kadena Cup Martial Arts Challenge at Amelia Earhardt Intermediate School Saturday.



Dozens of competitors warm up before testing their martial arts abilities during the Kadena Cup Martial Arts Challenge at Amelia Earhardt Intermediate School Saturday.

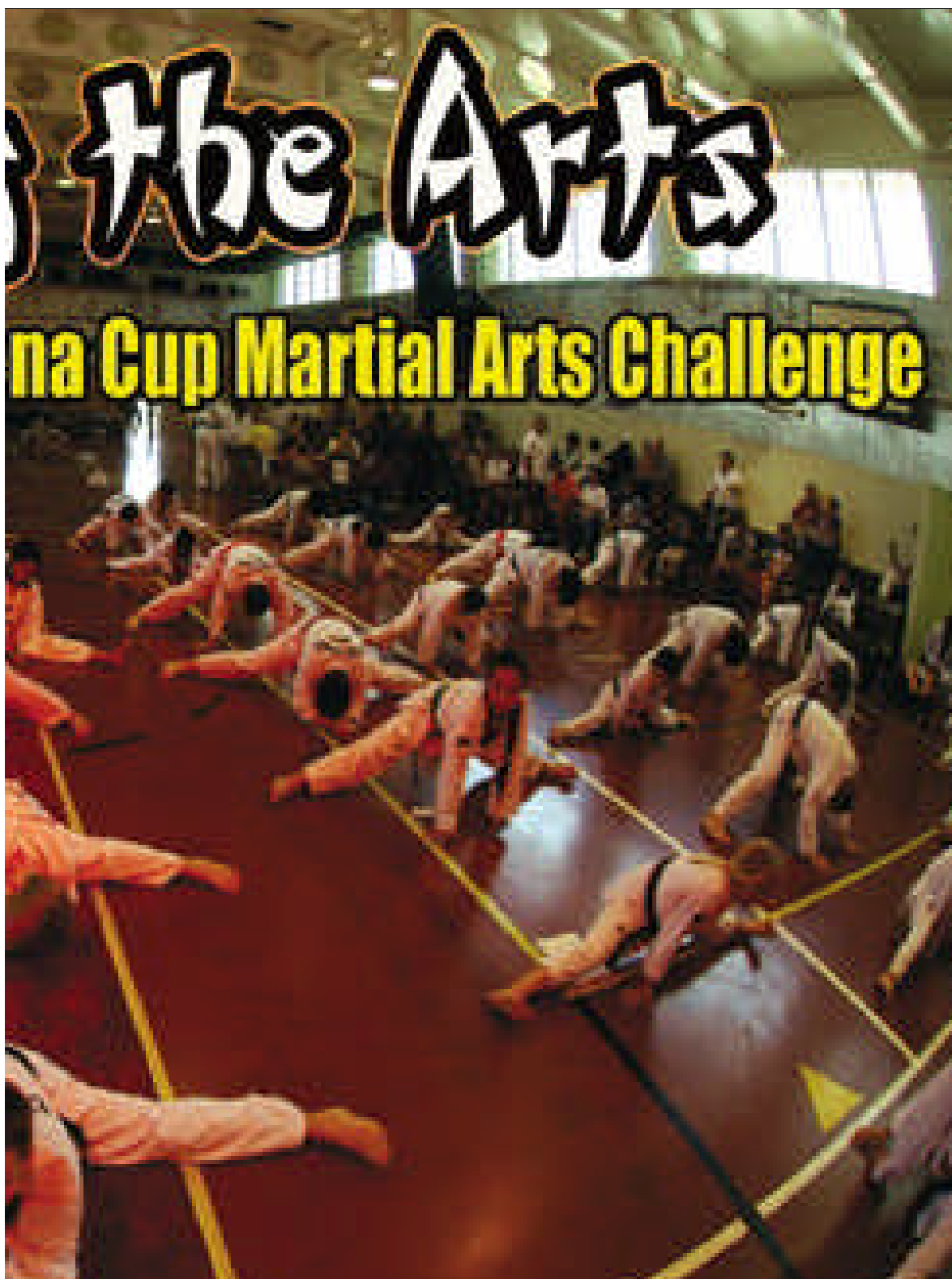


Blue belt Curtis Dandoyano, son of Ignacio Dandoyano of the 18th Communications Squadron, dodges a kick from orange belt Jesus Ramirez during a sparring match. Dandoyano went on to win the match and was named the teen grand champion for sparring.



(Clockwise from above)  
**PATIENCE:** Challengers in the 4-8 age group wait patiently for their chance to compete in the sparring portion of the competition.

**FORM:** Third-degree black belt Sharon Juan, daughter of Tech. Sgt. Eric Juan of the 17th Special Operations Squadron, performs a form during the teen form competition. The 11-year Tae Kwon Do veteran received the highest overall score with multiple 9.9s.



Ilenge Saturday at Amelia Earhart Intermediate School. More than 100 competitors from bases island-wide

Air Force photos by Airman 1st Class Stephanie Sinclair



Blue belt Luke Pirrotta, son of Capt. Stephen Pirrotta of the 1st Marine Aircraft Wing, performs a front snap kick during the forms competition Saturday.



Judges rate Sharon Juan's (pictured below left) performance during the forms competition of the Kadena Cup Martial Arts competition.



f the martial arts chal-

adron, makes a transi-  
ore of the tournament



Orange belt Jeong Keol Seo (right), son of Tech. Sgt. Pong Choe of the 18th Munitions Squadron, delivers a front leg jumping fast kick to Justin Nguyen during the teen sparring competition.



## The Okinawa Perspective

The following is a synopsis of articles that appeared recently in Japanese newspapers.

□ Naha Defense Administration Bureau officials began the second phase of its three-phase noise survey of Kadena Air Base Tuesday. Surveyors set up equipment to measure noise levels and flight patterns at the end of each runway through April 24. The research gathered from the survey will help officials determine where to subsidize noise proof construction.

□ There was a memorial service held for three American servicemembers captured and executed on Ishigaki Island April 15, 1945. The service was held at a war memorial at Arakawa, Ishigaki City.

□ On April 18, Japan Air Self Defense Force and the U.S. Air Force began bilateral air refueling training. The training will last until April 26. "It is an extremely critical training for the U.S. Air Force and JASDF to enhance the Japan-U.S. alliance," said Lt. Col. Christopher Comeau, 909th Air Refueling Squadron deputy commander.

□ Kadena Town officials welcomed 14 new students into the Kadena Language Institute during an entrance ceremony April 8. [Each year Kadena AB supports the KLI by hosting a work internship program at various units throughout the base. Look for more information in upcoming editions of *The Kadena Shogun* for volunteer opportunities.]

□ Chinese government officials recently protested Japan's decision to allow drilling for gas and oil in disputed waters of the East China Sea. The protest called Japan's decision a "provocation" in response to anti-Japanese protests throughout major Chinese cities during the last two weeks.



Air Force/Airman 1st Class Stephanie Sinclair

## Learning Ikebana

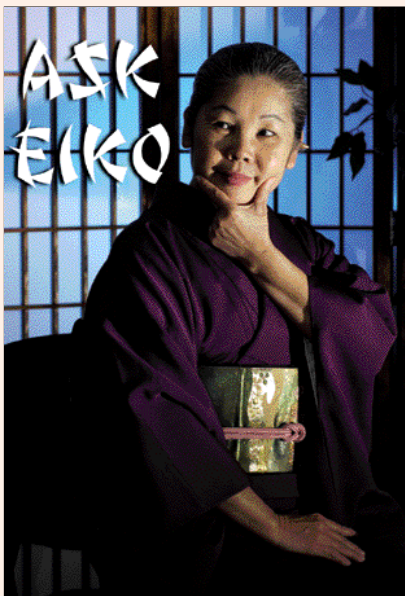
**ABOVE:** Denise Taylor (left), wife of Capt. Darryl Taylor, 3rd Dental Battalion at Camp Foster, and Paula Dugan (right), a retired lieutenant colonel, learn about the Japanese art of flower arranging, or Ikebana from instructor Keiko Robbins at the Kadena's United Service Organizations April 14.

**RIGHT:** Cnythia Clemente strings together red and pink flowers to include in her Ikebana project.



Air Force/Airman 1st Class Stephanie Sinclair

"Ask Eiko" is a forum for readers to ask Japanese cultural questions to Kadena's family support center's cultural awareness expert, Eiko Ishikawa. To submit a question, send an e-mail to: [kadenashogun.newspaper@kadena.af.mil](mailto:kadenashogun.newspaper@kadena.af.mil) with the subject line - ASK EIKO.



**Q : What is Boys' Day? I heard someone call it the Carp Day Festival and someone else call it Children's Day. Can you shed some light?**

**A :** Boys' Day (Tongo-no-Sekku) is May 5th, but if you look at a calendar that lists Japanese holidays, it will probably say Children's Day (Kodomo-no-Hi). The name was changed from Boys' Day to Children's Day when it became a national holiday to celebrate youth as the future of Japan, and to wish them health and happiness. [The Girls' Festival (Hina Matsuri), discussed in a previous Ask Eiko column, is not a national holiday.]

Because Japanese carp, like salmon, swim up-stream through swiftly-flowing waters and even small waterfalls, overcoming seemingly impossible odds. We consider the carp one of the most spirited fish. An ancient Chinese legend says that carp have the ability to turn into dragons to overcome its challenges. We use carp to symbolize the wishes for our sons to have courage and to be brave and strong to overcome challenges and become successful.

In olden days, we demonstrated this wish by hanging brightly colored carp streamers (Koi-Nobori) for each of our sons. Today, many families hang a streamer for each

member of the family. The brightly colored paper or cloth carp streamers are raised on tall bamboo poles, often along with red and white ribbons and a pair of golden pinwheels.

During brisk spring breezes, the fish billow and sway, appearing as if they are swimming against the current.

Some villages celebrate with carp streamer displays. Kadena Town is one such place. Hundreds of carp streamers can be seen suspended across the Hija River (Hijagawa) beginning about mid-April until after Boys' Day. To find the display, go to the Kadena Town seawall and follow it until you come to the mouth of the river. Follow the river and you will soon reach the display and the town's River Park.

During Golden Week [April 29-May 5], Kadena Town hosts a Carp Festival, so the park is filled with booths and vendors and plenty of activity. Another village-wide display is held in the village of Aha, which is a few kilometers south of Hedo Point on the Pacific Ocean side of Okinawa.

No one knows for certain how streamers first came about or when they became carp streamers. One legend says that streamers were first used by farmers in late April and early May to ward off insects and birds from their fields.

Another legend traces the origin of Boys' Day and the use of streamers to Hojo Tokimune's victory over the Mongol invaders on May 5, 1812. Samurai families erected flags and streamers in celebration of the victory each year.

In addition to the Koi-Nobori, displays are set up in the place of honor (Tokonoma) in each household with sons. Although the displays are not as ritualized as those on Girls' Day, most families include miniature helmets, suits of armor, a samurai sword, a bow and an arrow, and silk banners bearing the family crest. Warrior dolls may also be placed in the display.

Just as Girls' Day is noted as a time for girls to host boys as their guests, some families celebrate Boys' Day by having their sons host their sisters. Special sweets are used, including Kashiwa-Mochi, a rice cake filled with sweet bean paste and wrapped in oak leaves.

Boys' Day marks the official end of Golden Week, but because it falls on Thursday this year, many families will use a vacation day on Friday to extend Golden Week through the weekend. Many Golden Week and Boys' Day events will be taking place throughout Golden Week and the weekend after Boys' Day, so get out and have some fun while learning more about Okinawan culture.

**EDITOR'S NOTE:** Due to the impact of Golden Week on our publisher, The Kadena Shogun Newspaper will not be printed May 6. The first issue of May will be printed May 13.



Today

**BALLROOM DANCE:** Join the Schilling Community Center from 5:30 to 6:30 p.m. for ballroom dance lessons.

**THUNDER BOWL:** Join Emery Lanes for loud music and flashing lights while bowling from 10 p.m. to 1 a.m.

**KUMON MATH:** Youth ages 5 to 18 can learn how to excel in math and develop superior study habits from 3 to 5:40 p.m. at the Schilling Community Center. Call 634-1387 for more information.

**DJ CLUB:** Learn the art of being a DJ from 5 to 6 p.m. at the Teen Center Millennium. Call 634-3866 for more information.

**SPECIAL OLYMPICS ART CONTEST:** DoDD's students -- kindergarten through eighth grade -- are invited to design a cover for Special Olympics 2005. Entries will be accepted until April 30. Call 634-5078 for more information.

**TASTE OF THE TOWN TOUR:** Call ITT at 634-4322 for more information.

**CREATE A WINDSOCK:** Create a colorful windsock for keeping track of winds from 4 to 5 p.m. at the Youth Center for youth ages 6 to 12. Call 634-0500 for more information.

**DE'JA VU FRIDAYS:** Join the Rocker NCO Club for a variety mix with the Doctor from 5 to 9 p.m. followed by variety themes until closing.

**VIRUS FRIDAZE:** Join the Banyan Tree Club for Flashback Friday with CNote from 5 to 10 p.m. followed by a performance by a live rock band during Live Wires Virus.

Saturday

**RYUKYU MURA TOUR:** Call ITT at 634-4322 for more information.

**IE ISLAND LILY FESTIVAL TOUR:** Call ITT at 634-4322 for more information.

**SAX, FLUTE, CLARINET LESSONS:** One hour sessions from 9:30 a.m. to 6 p.m. at the Schilling Community Center for ages 5 and up. Call 634-1387 for more details.

**BEACHCAMPING TRIP:** Join the Outdoor Recreation Odomari beach camping trip. Cost is \$25 for children ages 12 and under, and \$45 for adults. All camping gear and transportation to Ikei Island will be included. Call 634-2811 to register or find out more information.

**HANDMADE CRAFTS FAIR:** Check out the wide variety of hand-crafted items made by the island's best crafters. Products include wood shelves, baskets, wreaths, candles and more at the Schilling Community Center from 10 a.m. to 4 p.m.

**EARTH FEST 2005:** Join the Schilling Community Center for earth-friendly activities, human checkers, competitions, pony rides, an evening movie on the lawn and more at Marek Park starting at 11 a.m.

**BOWLING TOURNAMENT:** Sign up at 6 p.m. for a 40-frame game tournament at 7 p.m. to win cash and prizes. There is a participation fee for this event.

**MINIATURE WAR-GAMING:** Join the fun as miniature war-gamers gather to compete in an assortment of tabletop battles from 10 a.m. to 10 p.m. at the Schilling Community Center.

**PATCHWORK QUILTING CLASS:** Learn the art of machine patchwork quilting and discover how to make useful household items out of old clothing and fabric scraps from 9 a.m. to 5 p.m. Call 634-1387 for more details.

**SATURDAY NIGHT FEVER:** Join the Rocker NCO Club for Rocker Music Mixer and Top 40 Variety Dance Hits from 9 p.m. until closing in the lounge.

**WESTERN NIGHT:** Saddle up in your best Western gear for an evening of country hits from 6 p.m. to midnight at the Officers Club weekender lounge. Open to club members only.

**SUPER LADIES NIGHT:** Bring your party to Super Ladies Night from 10 p.m. to 3 p.m. at the Rocker NCO Club.

Teen dance-off



Air Force/Airman 1st Class Stephanie Sinclair

Kadena teens get their groove on during a video game dance-off at the Teen Center Millenium Tuesday. The object of the game is to follow the arrows on the TV screen and step on the correlating foot pads to reach various levels that increase in speed. The teen center offers a wide range of activities for teens after school from 2 to 6 p.m. For more information, call the teen center at 634-3866.

**BANYAN TREE:** Join the Banyan Tree Club for Kickin' it Country and R&B Dance Hits from 8 p.m. to closing.

Sunday

**FAMILY BOWLING DAY:** Join Emery Lanes for a dollar a game when parents and children bowl together from 8 a.m. to 11 p.m. A three-game limit may apply.

**BATTLE OF OKINAWA TOUR:** Call ITT at 634-4322 for more information.

**RENT-A-LANE BOWLING:** Up to five bowlers can rent a lane at Emery Lanes for \$15 and bowl for three hours from 8 a.m. to 11 p.m.

**PLANET VIBE SUNDAYS:** Join the Rocker NCO Club for jazz with the Doctor from 5 to 8 p.m. followed by Top 40 hits until closing.

Monday

**WELCOME TO THE NEIGHBOR - HOOD:** Join the Family Support Center for coffee every Monday through Friday from 10 a.m. to 2 p.m. at the Hershey Temporary Lodging Facility, Bldg. 437. The welcome center offers an informal setting to learn about the base and community. Newcomers can also visit the Loan Closet where departing and arriving families may borrow household items such as dishes, pots and pans, iron and ironing board, heaters, fans, transformers, infant car seats, strollers and much more by providing a copy of orders for check out. Call 634-3366 for more information.

**JAPANESE CONVERSATION:** Adults can make friends with their Okinawan neighbors by learning their customs, culture and practical conversation from 7:30 to 9 p.m. at the Schilling Community Center. Call 634-1387 for more details.

**SALSA DANCE:** Join the Schilling Community Center for adult salsa dance lessons from 8 to 9:30 p.m.

**SPECIAL OLYMPICS ART CONTEST:** DoDDs students grades kindergarten through eighth are invited to design a cover for Special Olympics 2005. Entries will be accepted until April 30. Call 634-5078 for more information.

**ISHIMINE CHILDREN'S HOME:** Be a volunteer and join the Teen Center Keystone Club Mondays at 5:30 p.m. and interact with Japanese youth. Activities include playing games, arts and crafts, singing songs and simple English lessons. Call 634-3866 for more information.

lish lessons. Call 634-3866 for more information.

**CAKE DECORATING:** Learn the techniques for mastering the basics of cake decoration and have your next birthday cake go from boring to brilliant from 6:30 to 8:30 p.m. at the Schilling Community Center. Call 634-1387 for more details.

**ROCKER:** Join the Rocker NCO Club for Rock around the Clock with CNote from 7 to 11 p.m.

Tuesday

**SMOOTH MOVE WORKSHOP:** The Family Support Center will hold a workshop to provide helpful information to ensure a smooth move for those PCSing from Okinawa from 9 a.m. to noon at the NCO Club's Kuba Room. Topics include: housing, military pay, billeting, military travel, legal, TMO, healthcare, pet travel, real estate, and information and referral services. For more information, call 634-3366.

**KARAOKE CONTEST:** Join the Rocker NCO Club for a karaoke contest for club members only from 9 to 11 p.m. in the lounge. Each week two winners will be selected to compete in the grand final April 30 for a grand prize of \$500. Weekly winners will receive \$100 for first place and \$50 for second place. Call 634-0740 for more information.

**75-CENT BOWLING:** Enjoy the good old days at Emery Lanes and enjoy hot dogs, corn dogs, fries, sodas, and games of bowling for just 75 cents each from 8 a.m. to 5 p.m.

**TAI CHI CH'AU:** Learn the Chinese art of T'ai Chi Ch'au which involves slow motion moves and routines with numerous benefits to your health in this adult class from 5 to 6:30 p.m. at the Schilling Community Center. Call 634-1387 for more details.

**ROCKER:** Join the Rocker NCO Club for Krazy Karaoke with KJ QTU and LT from 7 to 11 p.m. and win cash for crooning.

**RIB EYE TUESDAYS:** Join the Banyan Tree Club for an 8 oz. charbroiled steak, potato bar, corn-on-the-cob, rolls, and ice tea or coffee for just \$7.95 from 11 a.m. to 1:30 p.m. Save \$1 when you show your club card. Call 634-0644 for more details.

Wednesday

**UNACCOMPANIED NEWCOMERS BUS TOUR:** The Schilling Community Center offers a free bus tour for military members to a pineapple winery, Ocean Expo Park, and Okuma Recreation Area while providing helpful information along the way (roadways, other military installations, and Okinawan culture) from 8 a.m. to 4:30 p.m. Call 634-3366 for more details.

**WELCOME TO THE NEIGHBOR - HOOD:** Join the Family Support Center for coffee every Monday through Friday from 10 a.m. to 2 p.m. at the Hershey Temporary Lodging Facility, Bldg. 437. The welcome center offers an informal setting to learn about the

base and community. Newcomers can also visit the Loan Closet where departing and arriving families may borrow household items such as dishes, pots and pans, iron and ironing board, heaters, fans, transformers, infant car seats, strollers and much more by providing a copy of orders for check out. Call 634-3366 for more information.

**JAPANESE CONVERSATION:** Adults can make friends with their Okinawan neighbors by learning their customs, culture and practical conversation from 7:30 to 9 p.m. at the Schilling Community Center. Call 634-1387 for more details.

**KUMON MATH:** Youth ages 5 to 18 can learn how to excel in math and develop superior study habits from 3 to 5:40 p.m. at the Schilling Community Center. Call 634-1387 for more information.

**SECRETARIES' DAY:** Show your appreciation to your secretary and thank them with a lunch from 11 a.m. to 1 p.m. in the Officers Club Fame Room. Reservations are required. Call 634-3663 for more details.

**SALSA DANCE:** Join the Schilling Community Center for adult salsa dance lessons from 8 to 9:30 p.m.

**BANYAN TREE:** Join the Banyan Tree Club for Request Night from 7 to 11 p.m.

**DEEP GROOVE WEDNESDAYS:** Join the Rocker NCO Club for jazz with DJ Nate Love from 5 to 8 p.m. followed by Old School with the Doctor until closing.

Thursday

**TAI CHI CH'AU:** Learn the Chinese art of T'ai Chi Ch'au which involves slow motion moves and routines with numerous benefits to your health in this adult class from 5 to 6:30 p.m. at the Schilling Community Center. Call 634-1387 for more details.

**JAPANESE CONVERSATION:** Make friends with your Okinawan neighbors by learning their customs, culture and practical conversation from 10 to 11:30 a.m. at the Schilling Community Center. Call 634-1387 for more details.

**FREE SALSA DANCE:** Learn the basics of salsa dance at the Officers Club from 7 to 9 p.m. in the Weekender Lounge. Complimentary light snacks will be provided. Open to club members 20 years and older only.

**JAPANESE CALLIGRAPHY:** Bring Japanese words to life at this adult class from 6:30 to 8:30 p.m. at the Schilling Community Center. Call 634-1387 for more details.

**RUB-A-DUB REGGAE THURSDAYS:** Join the Rocker NCO Club for reggae with DJ Nate Love from 5 to 8 p.m. followed by Ladies Night with DJ RobSki until closing.

**BANYAN TREE:** Join the Banyan Tree Club for Fired Up Country with DJ TNT from 7 p.m. to 1 a.m.

April 29

**BALLROOM DANCE:** Join the Schilling Community Center from 5:30 to 6:30 p.m. for ballroom dance lessons.

**KUMON MATH:** Youth ages 5 to 18 can learn how to excel in math and develop superior study habits from 3 to 5:40 p.m. at the Schilling Community Center. Call 634-1387 for more information.

**WELCOME TO THE NEIGHBOR - HOOD:** Join the Family Support Center for coffee every Monday through Friday from 10 a.m. to 2 p.m. at the Hershey Temporary Lodging Facility, Bldg. 437. The welcome center offers an informal setting to learn about the base and community. Newcomers can also visit the Loan Closet where departing and arriving families may borrow household items such as dishes, pots and pans, iron and ironing board, heaters, fans, transformers, infant car seats, strollers and much more by providing a copy of orders for check out. Call 634-3366 for more information.

**RUB-A-DUB REGGAE:** Join the Rocker NCO Club for a night of nothing but reggae from 9 p.m. to 3 a.m. in the lounge.

**THUNDER BOWL:** Join Emery Lanes for loud music and flashing lights while bowling from 10 p.m. to 1 a.m.

**DE'JA VU FRIDAYS:** Join the Rocker NCO Club for a variety mix with the Doctor from 5 to 9 p.m. followed by variety themes until closing.

**SPECIAL OLYMPICS ART CONTEST:** DoDD's students grades kindergarten through eighth are invited to design a cover for Special Olympics 2005. Entries will be accepted until April 30. Call 634-5078 for more information.

**VIRUS FRIDAZE:** Join the Banyan Tree Club for Flashback Friday with CNote from 5 to 10 p.m. followed by Coyote Ugly Virus.

MOVIES	
Patrons should call Keystone Theater at 634-1869 or Butler Theater at 645-3465 to verify movie titles, showtimes and ratings.	
Keystone Theater	
▲ Today.....	*Miss Congeniality 2, PG-13, 6 p.m. Constantine, R, 9 p.m.
▲ Saturday.....	*Miss Congeniality 2, PG-13, noon Because of Winn-Dixie, PG, 4 p.m. Hitch, PG-13, 7 p.m.
▲ Sunday.....	Hitch, PG-13, noon *Miss Congeniality 2, PG-13, 4 p.m. Constantine, R, 7 p.m.
▲ Monday.....	*Sahara 2005, PG-13, 7 p.m.
▲ Tuesday.....	*Sahara 2005, PG-13, 7 p.m.
▲ Wednesday....	Because of Winn-Dixie, PG, 7 p.m.
▲ Thursday.....	*Beauty Shop, PG-13, 7 p.m.
Butler Theater	
▲ Today.....	*Beauty Shop, PG-13, 7 p.m. Constantine, R, 10 p.m.
▲ Saturday.....	Because of Winn-Dixie, PG, 1 p.m. Because of Winn-Dixie, PG, 4 p.m. Hitch, PG-13, 7 p.m.
▲ Sunday.....	*Beauty Shop, PG-13, 10 p.m. Because of Winn-Dixie, PG, 1 p.m. Because of Winn-Dixie, PG, 4 p.m.
▲ Monday.....	*Beauty Shop, PG-13, 3 p.m. Hitch, PG-13, 7 p.m.
▲ Tuesday.....	*Beauty Shop, PG-13, 7 p.m.
▲ Wednesday....	Constantine, R, 7 p.m.
▲ Thursday.....	*Sahara 2005, PG-13, 7 p.m.
* First Run shows are marked by a star	

CHAPEL	
Catholic	
▲ Monday through Friday	: Mass, Chapel 2, noon.
▲ Saturday	: Confession, Chapel 2, 3:30 to 4:30 p.m. Vigil Mass, Chapel 2, 5 p.m.
▲ Sunday	: Mass, Chapel 3, 8:45 a.m. Mass, Chapel 1, 12:30 and 5 p.m.
Protestant	
▲ Wednesday	: Bible Study, Chapel 2, 7 p.m.
▲ Sunday	: Inspirational, Chapel 2, 8:30 a.m. Liturgical, Chapel 3, 8:45 a.m. Evangelical, Chapel 1, 9 and 10:45 a.m. General Protestant, Chapel 2, 10:30 a.m. Gospel, Chapel 3, 10:30 a.m. Sunday school, Bldg. 326 & 327, 10:45 a.m.
▲ Hindu service:	Mondays, Chapel 1, noon.
▲ Eastern Orthodox services:	Call 645-7486
▲ Jewish services:	Call 637-1027
▲ Islamic services:	Call 636-3219

## Running for a good cause

Kadena Airmen and family members start off strong during the Special Olympics 5k Fun Run/Walk Saturday. More than 200 people attended the event to raise more than \$2,8-- for the June 18 Kadena Special Olympics.



Air Force/Airman 1st Class Stephanie Sinclair

## TENNIS STANDINGS

TEAM	W	L
18 SVS	4	0
DoDDS (A)	2	0
DoDDS (C)	2	1
DoDDS (B)	1	1
18 CS	0	3
961 AACS	1	4

Standings are current as of April 15

# Risner Fitness Center May schedule of events

### Earth Day 5K Fun Run/Walk Saturday

Participate in the Earth Day 5k Fun Run/Walk at 11 a.m. Saturday at the Risner Fitness Center. Participants must register by 10:45 a.m.

### Racquetball Ladder Tournament

Reach your way to the top of the Racquetball ladder by challenging individuals to a friendly competition May 1 through May 20 at the Risner Fitness Center. For more information and rules, visit the Risner Fitness Center.

### Kadena Trim-A-Ton

In an effort to promote a healthier lifestyle for the entire Kadena community, the Risner Fitness Center will kick off the May Fitness Month activities with a trim-a-ton campaign. Individuals willing to take off a few pounds, in an effort to reach the center's goal of losing a ton, must attend an initial weigh-in beginning May 1 through May 4. Final weigh-ins will begin May 1 and must be completed no later than May 31. Forms can be picked up at the Risner Fitness Center. Squadrons may enter and compete against each other. The top three units that loses the most overall pounds will receive a plaque.

### Fitness Challenge May 6

Challenge Kadena's fittest athletes in a four person timed team event consisting of push-ups, sit-ups, pull-ups and a relay race at 4 p.m. May 6 at the Risner Fitness Center. Participants will complete 200 push-ups, 200 sit-ups, 50 pull-ups, and a 4 x 400 relay-style event. Prizes will be awarded for the top three teams. Sign-ups will be accepted at the fitness front counter until May 4.

### Kadena's Strongest May 7

Are you Kadena's strongest male or female? The Kadena's strongest competition will be held at 10 a.m. at the Risner Fitness Center. All authorized base users can participate in four different events and three divisions: Men's Heavy Weight, Men's Lightweight, and Women's Open Division. Registration begins at 9 a.m.

### Martial Arts Demo May 8

See a demonstration on various martial arts available on Kadena from 11 a.m. to 1 p.m. May 8 at the Risner Fitness Center.

### Running Clinic

May 9

A class on "Tips on how to improve your run time" by David Elger will be held May 9 at the Risner Fitness Center.

### Health Fair

May 11

Various health professionals will offer health, nutritional, and fitness information at the Risner Fitness Center from 11 a.m. to 1 p.m.

### Track Event

May 13

Put on your running shoes and submit a five person team in a 4 x 400 relay and 40 yard dash at 4 p.m. May 13. Deadline to submit teams is May 11.

### America's Kids Run

May 14

The Armed Forces 5K Run/Walk will be held at 8 a.m. at the Risner Fitness Center. Register at the Risner Tennis Center at 7:30 a.m. and collect a t-shirt. For more information about the America's Kids Run, call Youth Sports at 634-1384.

### Nutrition and Weight Management Seminar

May 16

A Performance Nutrition and Weight Management Seminar conducted by John Moore, one of Risner's top personal trainers at 9 a.m. May 16 at the Risner Fitness Center.

### and taste test

May 18

Sample healthy foods that truly taste good at the Risner Fitness Center at 2 p.m. Recipes will be available for customers to take home, as well as great prizes from a raffle drawing.

### Basketball Tournament

May 27

A three-on-three basketball tournament and Hot Shot competition will be held at 2 p.m. May 27 at the Risner Fitness Center. Put your teams together now, deadline for sign-ups is May 26.

### Aerobathon

May 30

A Memorial Day Aerobathon will be held from 8 to 11 a.m. May 30 at the

Risner Fitness Center. This three-hour event offers a wide variety of aerobic formats including step, cardio funk, total body conditioning and more. A free t-shirt will be given to the first 70 participants to complete the entire three-hour workout.

### Thin Thursday

Every Thursday in May

Stop by the Risner Fitness Center between the hours of 8 to 11 a.m. or 1 to 6 p.m. every Thursday in May to get a body fat assessment done and see how thin you really are.

For more information about these events, visit or call the Risner Fitness Center at 634-5128. All events are subject to change due to mission requirements.

Armed Forces 5K and

Healthy cooking display

## Risner and HAWC May activities for Fitness Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> Trim-A-Ton Weigh-in Racquetball Ladder starts	<b>2</b> T-A-T Weigh-in Tobacco Cessation - noon to 1 p.m. at the HAWC	<b>3</b> T-A-T Weigh-in	<b>4</b> T-A-T Weigh-in Free Chair Massage - 3 to 5 p.m.	<b>5</b> Thin Thursday - 8 to 11 a.m. and 1 to 8 p.m.	<b>6</b> Fitness Challenge - 4 p.m. Free Chair Massage - 3 to 5 p.m.	<b>7</b> Kadena's Strongest register at 9 a.m. starts at 10 a.m.
<b>8</b> Martial Arts Demo - 11 a.m. to 1 p.m.	<b>9</b> Tobacco Cessation - 4 to 5 p.m. Running Clinic - 1 p.m.	<b>10</b> Doing Good, Feeling Good - 1 to 4 p.m. at the HAWC	<b>11</b> Health Fair - 11 a.m. to 1 p.m. Free Chair Massage - 3 to 5 p.m.	<b>12</b> Thin Thursday - 8 to 11 a.m. and 1 to 8 p.m. Fast Food Facts - 9 to 10 a.m. at the HAWC	<b>13</b> Track Competition - 4 p.m. Commissary Tour - 9 to 10 a.m./HAWC	<b>14</b> Armed Forces 5K - register 7:30 a.m. begins 8 a.m. America's Kids Run
<b>15</b> Exercise	<b>16</b> Nutrition and Weight Management - 9 a.m.	<b>17</b> Healthy Heart - 10 a.m. to noon at the HAWC	<b>18</b> Healthy Cooking Display - 2 p.m. Free Chair Massage - 3 to 5 p.m.	<b>19</b> Nutrition/Fitness 101 - 1:30 to 3:30 at the HAWC	<b>20</b> End Racquetball Ladder Free Chair Massage - 3 to 5 p.m.	<b>21</b>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b> 3 on 3 basketball tournament - 2 p.m. T-A-T weigh-outs	<b>28</b> T-A-T weigh-outs
<b>29</b> T-A-T weigh-outs	<b>30</b> T-A-T weigh-outs Memorial Day Aerobathon - 8 to 11 a.m.	<b>31</b> T-A-T weigh-outs				